


FFC AUTUMN TIMETABLE 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am – 7:00am	Muscle Up** Thirroul Beach Alyssa	XFit** Thirroul Beach Alyssa	Running** Thirroul Beach Alyssa	Boxing** Thirroul Beach Kerry	HIIT** Thirroul Beach Kerry	
7:00 am – 8.00 am						20:20:20** Thirroul Beach Alyssa
9:20 am – 10:20am	Xfit* Thirroul Beach Alyssa	Muscle Up* Thirroul Beach Alyssa	Glutes & Core* Thirroul Beach Alyssa	HIIT* Thirroul Beach Kerry	Circuit* Thirroul Beach Alyssa	
6:00 pm – 7.00pm	Circuit Thirroul Public School Alyssa		Muscle Up Thirroul Public School Alyssa			

* In case of bad weather, class will be online via Zoom

**In case of bad weather, class will be held at Thirroul Public School